




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COLD CEREAL 2 WH GRAIN CHICKEN PATTY SANDWICH WH WHEAT BUN BAKED BEANS BLUBERRIES	GREEN EGGS & HAM 3 ROTINI PASTA BROCCOLI WITH CHEDDAR SAUCE FRESH FRUIT	YOGURT & GRANOLA 4 HOT HAM & CHEESE ON WH WHEAT BAGEL SWEET POTATO FRIES PEACH CUPS *****	OATMEAL & TOAST 5 GRILLED CHEESE ON WHOLE WHEAT ALPHABET VEGETABLE SOUP FRESH FRUIT	COLD CEREAL 6 PERSONAL CHEESE PIZZA CEASER SALAD ORANGES *****
COLD CEREAL 9 BURRITO (CHICKEN/BEEF/BEANS) TOSSED SALAD MIXED FRUIT	OATMEAL W/PEACHES 10 CHEESY PASTA WITH CHICKEN & CARROTS WH WHEAT BREAD FRESH FRUIT	BAGEL W/ CR CHEESE 11 BREAKFAST FOR LUNCH WW FRENCH TOAST SAUSAGE HASHBROWN APPLESAUCE	EGG & HASHBROWN 12 CHICKEN & NOODLES PUMPKIN PUDDING FRESH FRUIT	COLD CEREAL 13 STUFFED CRUST PIZZA (WH WHEAT DOUGH) VEGGIE STICKS BANANA *****
COLD CEREAL 16 BBQ PORK OPEN FACED ON WH WHEAT BREAD CARROTS PEACHES	BREAKFAST PIZZA 17 WW SPAGHETTI & MEAT SAUCE GREEN BEANS FRESH FRUIT	WAFFLE & BACON 18 HOT DOG (TURKEY) OVEN BAKED FRIES PEARS *****	OATMEAL & TOAST 19 GRILLED CHEESE ON WHOLE WHEAT TOMATO SOUP BLUEBERRY CRISP	COLD CEREAL 20 PERSONAL CHEESE PIZZA FRESH BROCCOLI APPLE *****
COLD CEREAL 23 SUPER NACHOS (BEAN & BEEF) CORN STRAWBERRY CUPS *****	OATMEAL W/ APPLES 24 SOBA NOODLE BOWL W/ BROCC, CARROT, PEAS, & ZUCHINI FRESH FRUIT	YOGURT & MUFFIN 25 CHEESEBURGER ON WH WHEAT BUN OVEN BAKED TOTS SPICED APPLES	EGG ON ENG MUFFIN 26 BBQ CHICKEN MASHED POTATO GREEN BEANS FRESH FRUIT	COLD CEREAL 27 STUFFED CRUST PIZZA (WH WHEAT DOUGH) CEASER SALAD GRAPES *****
COLD CEREAL 30 CHICKEN TACO W/ LETTUCE & CHEESE PINTO BEANS PEACHES *****	OATMEAL & TOAST 31 MACARONI AND CHEESE GREEN PEAS WH WHEAT BREAD FRESH FRUIT			

GUESS WHAT?

IF ALL 600 MUSCLES IN YOUR BODY PULLED IN ONE DIRECTION, YOU COULD LIFT 25 TONS.

CELERY HAS NEGATIVE CALORIES! IT TAKES MORE CALORIES TO DIGEST A PIECE OF CELERY THAN THE CELERY HAS IN IT TO BEGIN WITH.

KITCHEN NEWS

***** DENOTES
GLUEN FREE LUNCH
OPTION AVAILABLE.
MUST CALL ONE DAY
AHEAD 862-8620

ALL BREAKFASTS
INCLUDE FRUIT

A VARIETY 1% OR
NONFAT MILK
(rBST FREE) COME
WITH EVERY MEAL.

ALA CARTE MILK IS
.35

SALAD BAR
EVERYDAY AT WMS

SALAD/POTAO BAR
EVERY TUESDAY &
THURSDAY AT WHS

WE PROUDLY USE
LOCAL,
HYDROPONICALLY
GROWN LETTUCE
FOR OUR SALAD
BARS.